

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER **UPDATE**

INSIDE THIS ISSUE

Naval Dosimetry Center

Ribbon-Cutting Ceremony Officially
Opens Naval Dosimetry Center's New
Location 3

Population Health

Public Health Center Presents at the
Community Preventive Services Task
Force Meeting 4

Health Analysis

HA Product Catalog Gives Customers
the Keys to Improving Outcomes and
Reducing Costs 6

Expeditionary Preventive Medicine

Building Interservice Bridges for
Biological and Chemical Threat
Detection 7

EpiData Center

New PHA Application Supports Service
Member Health, Provides Valuable Data
for DON Surveillance 8

Health Promotion and Wellness

Updated OPSS High Risk Supplement
List 10

NEPMU News

NEPMU-2 Staff Tours Hampton
University Museum in Honor of
African-American History Month 11

Preventive Medicine Unit Wins
Coveted 2016 Campaign Drug Free
Flagship Award 12

Providing Support Across the Fleet 13

In Case You Missed It... 14

Get Connected 15

WWW.NMCPHC.MED.NAVY.MIL

From the Front Office

By Capt. Todd Wagner, NMCPHC

Moving forward into 2017, NMCPHC continues to be a fast-moving train when it comes to public health-related issues.

As I reach my six month mark in command of this incredible organization, I continue to be impressed daily by the tremendous magnitude of the mission put upon this group of tremendously skilled public health professionals in the NMCPHC enterprise.

They continue to execute and excel at that mission, each and every day.

First and foremost, I'd like to thank everyone associated with the closure of the Navy Drug Screening Laboratory (NDSL), San Diego for their hard work, professionalism and patience with all of the processes associated with the transition and closure. Most notably, the NDSL staff, who are most impacted by this difficult and challenging decision, have been nothing short of exemplary throughout. I would especially like to thank Cmdr. Matt Jamerson, NDSL commanding officer (CO), and Cmdr. Eric Welsh, laboratory services director, for their superior leadership and guidance.

Recently, I had the distinct pleasure of participating in a ribbon-cutting ceremony at the Naval Dosimetry Center (NDC) in Bethesda. The long-awaited move to their new facility will certainly help our ability to meet customer demand for processing dosimeters and directly contribute to the health and safety of Sailors and Marines world-wide. It was certainly an honor to have Vice Adm. Bono, director, Defense Health Agency, serve as the guest of honor and keynote speaker. Her remarks underscored the importance of high reliability and tremendous impact that the NDC has on nuclear program safety. I'd also like to take this opportunity to thank Rear Adm. Terry Moulton, deputy Navy surgeon general, and Mr. John Hallworth, nuclear reactors, for their

(cont. on page 2)



(cont. from page 1)

participation. Bravo Zulu to Cmdr. Thad Sharp, NDC officer in charge (OIC), and his entire staff for the smooth transition to the new facility and for hosting this incredible event.

With the new political administration, much can be expected in the way of change. Without being able to predict exactly what changes will occur, being strategically positioned for the future will help ensure that NMCPHC is ready to address future public health issues or global health threats. In February, NMCPHC leadership held their annual strategic planning offsite where we spent two days considering what the military public health landscape will look like in the future- one, three, five and ten years out. It was both refreshing and enlightening to hear the depth and breadth of thoughts, concerns and ideas from our directors, department heads and subject matter experts. The week following our strategic offsite, NMCPHC hosted

our field activity OICs, COs and senior enlisted leaders (SELs) to share their thoughts, issues, successes and challenges.

Change will continue to be the “watch-word” as we move forward in 2017. Rear Adm. Swap shared her thoughts with us recently on what 2017 may bring relative to the Defense Health Agency (DHA) and National Defense Authorization Act (NDAA). The bottom line: Readiness of the fleet remains job one for the Chief of Naval Operations (CNO). Based on that landscape, I believe we’re very well positioned for the future as we collectively navigate the waters of change.

Lastly, I’d like to express my gratitude to the staff at NMCPHC headquarters and field activities for all the incredible work you do every day to help keep us meeting the multiple demand signals world-wide. I am truly honored to lead such a group of true professionals.

Command Master Chief's Corner

By Master Chief Petty Officer (MCPO) Marsha Burmeister, NMCPHC



As 2016 came to a close and 2017 peaked over the horizon, it was a reminder that we are ever changing naval force. Our enlisted Hospital Corpsman will be welcoming a new senior enlisted leader. The Surgeon General selected Command Master Chief Petty Officer (CMDCM) Hosea Smith to replace CMDCM Terry Prince as the 15th force master chief and director of the Hospital Corps. CMDCM Prince will retire March 31, 2017 onboard USS Wisconsin (BB-64) in Norfolk, Va.

Through diligence, engagement and active communication of our command career counselors, NMCPHC earned the BUMED Retention Excellence Award for 2016. This award was earned due to continued care of our Sailors and the ability of staff to execute programs and policies.

Congratulations to Hospital Corpsman 1st Class Brandon Echols, Navy Environmental Preventive Medicine Unit Six (NEPMU-6), on his selection for the Medical Enlisted Commissioning Program (MECP). Additional congratulations to Hospital Corpsman David Cano, Navy Environmental Preventive Medicine Unit Seven (NEPMU-7) on his selection as Naval Station Rota Senior Enlisted Leader of the Year. We have several of our enlisted Sailors who are actively pursuing their college degrees and who may qualify for a commissioning program. During career development boards (CDBs), review the instructions, NAVADMINS and requirements for those who desire to be a commissioned officer. As leaders, assist our Sailors to set up goal timelines that are realistic and be forthcoming if the member is missing key elements for package submission or acceptance.

Communication is the key as was noted when the Navy eliminated ratings for enlisted Sailors. Senior enlisted canvassed their commands and voiced the concerns noted. Valuable lessons were learned and the enlisted ratings were re-instated. Sailors are encouraged to continue to look for a way forward to ensure our specialties and training is recognized by the civilian sector. This evolution also reminds us as to why it is

(cont. on page 3)

(cont. from page 2)

important to engage with and understand our Navy history and heritage and ensure that that proud heritage is shared with our junior personnel.

Updated and implemented policies include navy uniforms and the blended retirement system. Continue to review the Navy Personnel Command NAVADMINS to ensure staff are kept abreast of new guidelines. We are currently awaiting BUMED's release for this year's Military Assistance Program (MAP) guidelines.

Ribbon-Cutting Ceremony Officially Opens Naval Dosimetry Center's New Location

By Hospital Corpsman 1st Class Annie Martin, Naval Dosimetry Center Public Affairs

NDC held a ribbon-cutting ceremony to mark the official opening of their new location at Naval Support Activity (NSA) Bethesda, Maryland on February 16, 2017.

The month-long move from their former location at the Walter Reed National Military Medical Center (WRNMMC) compound to the new state-of-the-art facility onboard NSA was completed January 12, 2017.

Vice Adm. Raquel C. Bono, director, DHA, was the guest speaker for the event.

"I'm excited for the opportunity to participate in the ribbon cutting, but I'm just as excited to have a few moments with you to simply say 'thank you,' and to reflect on what you provide for the Navy, Department of Defense (DoD) and the nation," said Bono. "We talk a lot about medical readiness being our number one mission in military medicine, and it is. Our ability to project both our hard and soft power in the world depends on sustaining a strong and safe nuclear program. The work you do

has a direct effect on our medical security and the confidence that our Sailors and Marines have to do their job well."

Also in attendance were Rear Adm. Terry Moulton, deputy surgeon general of the Navy and deputy chief, Navy Bureau of Medicine and Surgery (BUMED); Capt. Marvin Jones, commanding officer, NSA Bethesda; Capt. Todd Wagner, commanding officer, NMCPHC; and John Hallworth, Naval Reactors.

The opening of this new facility marks an incredible improvement for the NDC staff and its operations. According to Cmdr. Thad Sharp, NDC OIC, the new \$9 million facility is equipped with new equipment to read thermoluminescent dosimeters (TLDs).

"The facility will also have a state-of-the-art information technology infrastructure and network,"

(cont. on page 4)



Vice Adm. Raquel Bono (center left) cuts the ribbon for the Naval Dosimetry Center (NDC) at Naval Support Activity Bethesda with Cmdr. Thad Sharp and Rear Adm. Terry Moulton. (Photo by U.S. Navy photo by Mass Communication Specialist 2nd Class Hank Gettys)

(cont. from page 3)

and will give us the ability to bring the center into the 21st century,” said Sharp. “The move has also been a morale booster for the staff. It’s exciting to have a new home to call our own and it gives us a fresh start.”

The five-year initiative, part of the DHA’s comprehensive master plan for NSA Bethesda, will enable the command to continue providing excellent, centralized dosimetry processing for over 350 Navy and Marine Corps commands worldwide, health physics consultations, advanced technical research and in vivo gamma spectroscopy services.

The NDC, a field activity of NMCPHC, also manages the Department of the Navy’s (DONs) radiation exposure registry program; they’ve maintained occupational exposure records from approximately 3.9 million ionizing radiation exposures since 1946, analyze trends and support requests for information regarding radiation exposure.

The new facility includes \$2 million in new TLD processing machinery, increasing processing capacity by 40 percent and reducing time lost to mechanical failure by 50 percent. The NDC has also invested \$2 million in new information technology equipment, more than doubling the NDC’s processing efficiency as they continue to grow the exposure registry database. The facility also provides a dedicated laboratory for the science advisor and technical manager to continue making strides in advancing naval exposure monitoring and improving dose algorithms.

“This move is much smoother than previous moves at the center, and the facility we are moving to is well equipped to support the mission,” said Robert Colter, physical science technician and long-time employee of the NDC.

Read the full article here: http://www.navy.mil/submit/display.asp?story_id=98953

Public Health Center Presents at the Community Preventive Services Task Force Meeting

By NMCPHC Population Health Staff

Mr. Bill Calvert, deputy director of the Population Health (PH) Directorate at NMCPHC, delivered the Navy Liaison Update at the 2017 [Community Preventive Services Task Force \(CPSTF\) meeting in February](#).

The CPSTF is an independent, nonfederal, unpaid panel of public health and prevention experts that provides evidence-based findings and recommendations about community preventive services, programs and policies to improve health. Its members represent a broad range of research, practice and policy expertise in community preventive services, public health, health promotion and disease prevention.

Mr. Calvert, who serves as the Navy Liaison for the CPSTF, discussed how the DON uses recommendations from the [Guide to Community Preventive Services \(The Community Guide\)](#) to drive and support policy changes as well as design, benchmark and improve interventions that enhance the health, safety and wellbeing of service members, beneficiaries and civilians.

The Community Guide was cited in position papers that drove changes to the DON’s tobacco policy which included prohibiting tobacco use on submarines and medical facility campuses as well as eliminating the discounted pricing for tobacco products. The recommendations were also used to design and implement various individually adopted behavior change programs and worksite health programs, such as the “Navy’s Culture of Fitness” and point-of-decision prompts. NMCPHC implemented a [Health Risk Assessment \(HRA\)](#) program that provides service members direct feedback on lifestyle behaviors in combination with

(cont. on page 5)

Upcoming NMCPHC Trainings and Conferences



- April 17 - 21, 2017: [DOEHRS-IH Training](#)
- April 24, 2017: [Tobacco Cessation Facilitator Training](#)
- April 25, 2017: [DRSi Webinar - DRSi Reporting: Best Practices](#)
- May 8 - 12, 2017: [DOEHRS-IH Training](#)
- May 15 - 19, 2017: [Exposure Monitoring Course](#)
- May 30, 2017: [Aedes Mosquito Management](#)
- June 5 - 9, 2017: [DOEHRS-IH Training](#)
- June 26 - 30, 2017: [Exposure Monitoring Course](#)
- July 10 - 14, 2017: [DOEHRS-IH Training](#)

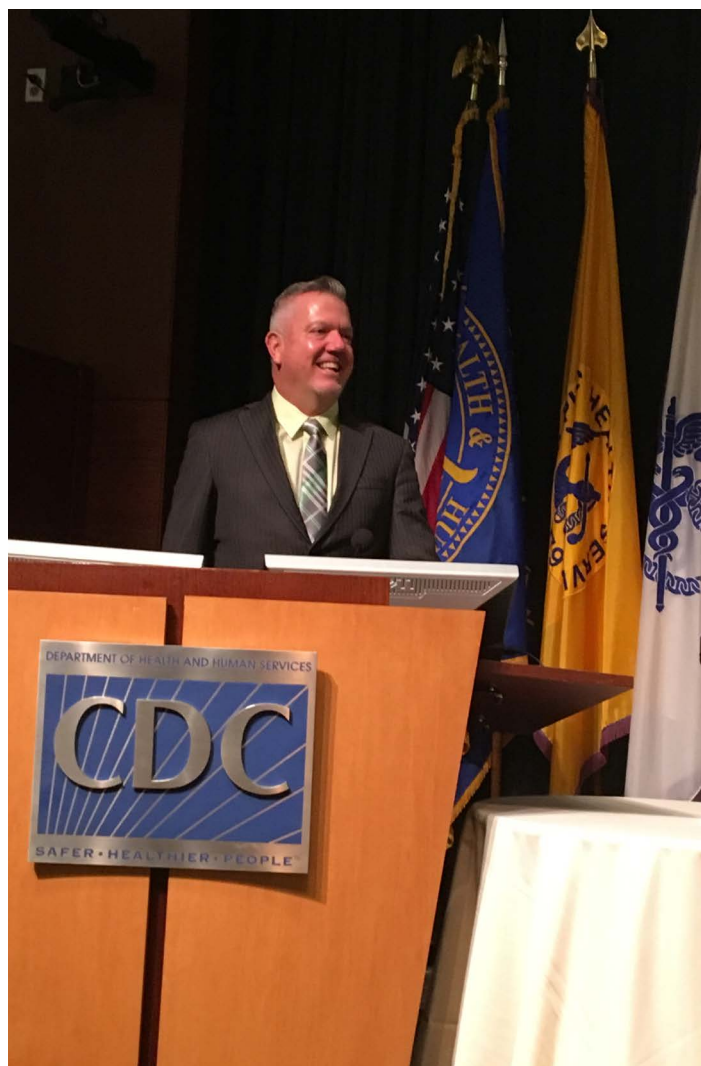
(cont. from page 4)

other interventions and the [Blue-H Navy Surgeon General's Health Promotion and Wellness \(HPW\) Award](#) program which is awarded to commands who follow criteria based on effective workplace programs.

NMCPHC also regularly distributes Community Guide information to approximately 4,500 recipients through its monthly [HPW Newsletter](#) and promotes the guide and other relevant resources through the NMCPHC webpage. NMCPHC provides [health promotion training](#) to health promotion coordinators and health educators at medical facilities as well as health promotion coordinators directly serving the fleet in operational settings.

"The Community Guide remains my best reference to incorporate interventions proven to work, which is important for the Navy given its limited resources. It's also worth noting that Community Guide recommendations link to readily-available, easy-to-use materials when possible," said Mr. Calvert. "Our goal is to increase the quality and years of healthy life for our active duty, beneficiary and civilian workforce. The Community Guide helps us do that and meet our mission."

To learn more about the health promotion programs at NMCPHC, visit: www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/default.aspx.



Deputy Director of the PH Directorate at NMCPHC, Mr. Bill Calvert, presents the Navy Liaison Update to attendees of the 2017 CPSTF meeting. (Photo courtesy of Mr. Bill Calvert)

The Health Analysis Department's Product Catalog Gives Customers the Keys to Improving Outcomes and Reducing Costs

By NMCPHC Health Analysis Staff

On March 22, 2017, the Health Analysis (HA) Department announced the release of their product catalog, a new tool providing Navy Medicine leadership a single location for all of their reports, access to hundreds of other analytical reports and a way to share knowledge across the enterprise.

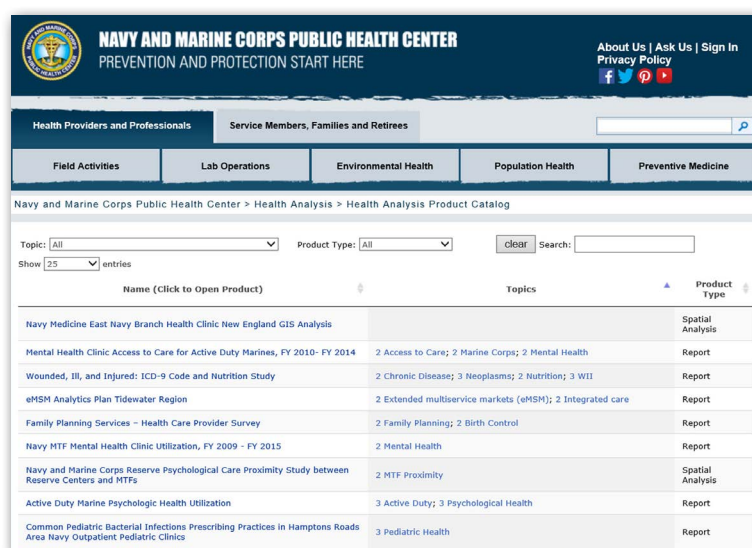
Since the department's inception six years ago, HA has applied its expertise to help Navy Medicine improve quality of care and reduce costs. Recent examples include:

- Recapture Patients, Recoup Costs**
 HA examined the number and cost of major trauma admissions at Naval Medical Center San Diego (NMCS D) from 2015, identifying 567 cases NMCS D could recapture and \$12 million they could recoup.
- Shape Prescription Drug Education, Outreach, and Training**
 HA focused on the risk factors associated with prescription drug misuse, helping the Drug Demand Reduction Program stem misuse by shaping prescription drug education, outreach and testing.
- Demonstrate Program Value to Navy Medicine**
 HA conducted a return on investment analysis of Health Experts onLine at Portsmouth (HELP), a telehealth program, demonstrating significant value to Navy Medicine and a 250 percent return on investment (ROI).
- Save Process Time, Assume No Additional Risk**
 HA evaluated the effectiveness of the Navy's Physical Activity Risk Factor Questionnaire (PARFQ), informing revisions to the questionnaire that would result in \$20 million in annual savings at no additional risk.

The product catalog is the next evolution in improving product delivery and customer access to information and project ideas that can impact population health and delivery of care making projects like these, and more, available to users.

To access to the product catalog, click here: <http://www.med.navy.mil/sites/nmcphc/health-analysis/product-catalog/Pages/default.aspx>

If you have questions or want to submit a project request, contact HA:
usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-haprojreq@mail.mil



Building Interservice Bridges for Biological and Chemical Threat Detection

By Lt. Cmdr. Tupur Husain, Ph.D., Expeditionary Platforms, NMCPHC

The first week of January 2017 marked the NMCPHC Expeditionary Preventive Medicine Department's meeting with the Army's 34th Civil Support Team (34th CST) at NMCPHC headquarters in Portsmouth, Virginia.

Deputy Cmdr. Maj. Lyndsey Hodgkins and accompanying staff, Sgt. 1st Class William Havens, health care non-commissioned officer (NCO), analytical laboratory suite operator, and Staff Sgt. Dustin Haislip, chemical, biological, radiological and nuclear (CBRNE) NCO, team chief, were able to provide a comprehensive brief on their capabilities and how they complement Navy capabilities in detecting biological and chemical threats. While the Forward Deployable Preventive Medicine Unit (FDPMU) teams mainly serve a role outside the continental United States (OCONUS), other teams, like the 34th CST, are stationed within the continental United States (CONUS) across every state. The 34th CST serves Virginia and provides support to the greater Washington D.C. region for major events, such as sporting events and the recent presidential inauguration.

Collaboration between expeditionary medicine and the 34th CST is a prime example of the increasing engagement and cooperation amongst services in support of a broader range of tasks covering different geographic areas spanning a variety of missions. "The rapid mobility and agility of the 34th CST and FDPMUs is critical to protect against CBRNE threats," said Hodgkins. The 34th CST can pre-deploy to conduct environmental monitoring for events and assist with training, exercises and assessments similar to the FDPMU. While the 34th CST operates out of a multifunctional mobile laboratory analysis vehicle, the FDPMUs usually will set up tents at their location for conducting lab analysis on chemical, radiological, biological and environmental testing.

Both the 34th CST and FDPMUs share common features for the rapid detection of biological threats such as hand held assays to conduct rapid preliminary screens for detecting especially



Soldiers assigned to the 34th Civil Support Team train mortuary affairs Soldiers on the use of chemical detection equipment during the Joint Mortuary Affairs Centers' Quick Reaction Test field training exercise. (Photo by Capt. Andrew Czaplicki)

dangerous pathogens that may have been introduced into an environment. Additional confirmatory analysis using platforms, such as the Joint Biological Agent Identification and Diagnostic System, are also common features between the 34th CST and the FDPMU. Detection of radiological and chemical threats are the other key functions shared by the 34th CST and FDPMU. "Different aspects of CBRNE defense are performed by a variety of units across the DoD and Homeland Security. It is very helpful to learn what our colleagues in other organizations are doing and what specialized expertise they may have from which we can learn," said Ned Berg, industrial hygienist and assistant chemical/radiation component manager for the FDPMU program.

For more information about the FDPMUs, visit: <http://www.med.navy.mil/sites/nmcphc/expeditionary-platforms/Pages/default.aspx>

New PHA Application Supports Service Member Health, Provides Valuable Data for DON Surveillance

By NMCPHC EpiData Center Staff

After three years of preparation, the DON has completed development of a new web-based Periodic Health Assessment (PHA) that helps service members efficiently complete their DON-required PHAs and more easily connect with healthcare providers.

BUMED, DHA and NMCPHC joined forces to create the application and completed pilot testing at Naval Air Station Sigonella and Naval Medical Center San Diego this past fall. Final implementation will permit more than 600,000 DON and Coast Guard service members to complete the PHA annually using any computer with internet access.

“The primary goal of the PHA is a conversation between a service member and a medical provider who will give actionable, science-based advice on how the member can improve his or her health,” said Dr. Christopher Rennix, department head of the EpiData Center (EDC) at NMCPHC.

Historically, service members traveled to DON healthcare facilities to complete the PHA onsite on paper forms. After complete implementation of the PHA application, the assessment can be completed online, anytime or anywhere, and with or without a common access card (CAC).

“This application provides global access to the PHA,” said Azad Al-Koshnaw, division officer of EDC Application Development and Data Systems Support. “For example, service members can take the survey in theater and then meet with a provider when they’re back home.”

The new PHA application also includes customized design features that expedite the PHA submission process. For example, the new PHA administers only those survey questions relevant to each service members’ answers and individual circumstances. The traditional PHA spans several pages and includes more than 100 questions, so a customized approach will save time and effort for both service members and healthcare providers.

“The EDC used its experience in developing the electronic Deployment Health Assessment [eDHA] as the backbone for the PHA project,” said Rennix. “The difficulty of the PHA application was the translation

(cont. on page 9)



Members of the Application Development and Data Systems Support Division at NMCPHC EDC were instrumental in collaborating with BUMED and the DHA to build the new PHA application. Pictured left to right are Azad Al-Koshnaw (division lead), Kevin Aldrich, Andrew Tucker, James McWhorter and Dr. Christopher Rennix (department head). (Photo by NMCPHC Public Affairs)

(cont. from page 8)

of a paper process to an electronic process. The new PHA ‘thinks’ as you fill it out, so it’s more efficient for everyone involved. The tough part was designing that logic.”

The updated PHA also provides another key benefit: immediate health education. Upon submittal of the survey, the service member receives access to a customized suite of educational materials regarding any health concerns noted in the survey. The PHA draws upon the expertise of NMCPHC’s HPW Department, which develops and maintains an extensive library of evidence-based, relevant and current health education resources. For example, a service member completing the PHA might receive targeted advice regarding smoking cessation, nutrition and sleep health.

The shift to a web-based PHA not only benefits individual service members, but it also supports DON force health monitoring as a whole. In the past, individual facilities maintained the records for the PHA surveys completed at that site. The web-based PHA will facilitate the central collection and

consolidation of all DON PHA data, which can be used for valuable epidemiological surveillance and analyses. Public and preventive health personnel can use these analyses to inform policy development, target intervention and education programs. Ultimately, DON PHA data will be shared with the PHA results from other sponsor services to provide an overall understanding of DoD force health.

Service members can expect to receive more information on when the new PHA will be implemented at their command as their roll-out date approaches.

For more information on the EDC, visit: <http://www.med.navy.mil/sites/nmcphc/epi-data-center/Pages/default.aspx>

What’s New with the Web-Based PHA?

For DON and Coast Guard Service Members	For Navy Medicine
✓ Complete the PHA anytime and anywhere with internet access.	✓ Easily consolidate electronic PHA data from across the DON and Coast Guard.
✓ Use personal computers to complete the PHA.	✓ Perform powerful, efficient epidemiological surveillance and analyses utilizing PHA data.
✓ Complete the PHA with or without a CAC.	✓ Tailor health interventions, educational programs and other preventive efforts to force needs.
✓ Track the progress of a completed PHA survey through all stages of the provider review and certification process.	✓ Share PHA data with other DoD sponsor services to support an overall understanding of DoD force health.
✓ Access customized education materials based on personal health concerns.	
✓ Complete the integrated annual mental health assessment.	

Updated OPSS High Risk Supplement List

By NMCPHC Health Promotion and Wellness Staff

Some dietary supplement products contain stimulants, steroids, hormone-like ingredients, controlled substances or unapproved drugs.

The Operation Supplement Safety (OPSS) High-Risk Supplement List helps you identify supplements that might pose a potential risk to your health or career. Not all supplements on the list are illegal or banned, but all pose potential health risks. In addition, the list is not exhaustive, so something that isn't on the list can still be unsafe.

The OPSS High-Risk Supplement List is also a tool used to help healthcare providers identify products that could pose a risk to the health of service members. It identifies some products that have been found to obtain undeclared ingredients, which could help healthcare providers identify possible adverse interactions.

Since May 2016, 43 dietary supplement products have been added to the OPSS High-Risk Supplement List bringing the total number of products on the list to 247. You can access the [High-Risk Supplement List](#) from the OPSS webpage or [download the app](#) (from the Apps tab) to your phone or tablet and take it wherever you go.

For more information and resources on dietary supplements, visit [Human Performance Resource Center](#) or [NMCPHC - Dietary Supplements](#).



OPERATION SUPPLEMENT SAFETY

A DoD and HPRC Dietary Supplement Resource for Warfighters

OPSS provides resources to help consumers within the DoD community make informed decisions on dietary supplements.
More information is available through the Human Performance Resource Center website:
hprc-online.org/dietary-supplements/OPSS



HUMAN PERFORMANCE RESOURCE CENTER

A DoD Initiative under the Force Health Protection and Readiness Program



(Photo courtesy of Human Performance Resources Center)



NEPMU-2 Staff Tours Hampton University Museum in Honor of African-American History Month

By Navy Environmental and Preventive Medicine Unit Two Public Affairs

Staff from the NEPMU-2 visited the Hampton University Museum to honor African-American history on February 24, 2017.

The event was organized in collaboration with the museum's Associate Curator and Director of Community Programs Crystal Johnson Horne and NEPMU-2's Hospital Corpsman 1st Class Ananda Stevenson, who serves on the unit's diversity committee.

NEPMU-2 service members and civilians represent cultures and ethnicities from around the world. In recognition of this diverse group, unified through a commitment to military service, the unit visited the nation's oldest African-American museum. Founded in 1868, the Hampton University Museum galleries house African-American, African, American Indian and Asian and Pacific art and artifacts.

"We were allowed the distinct opportunity to take a break from our normal training routine to pause and reflect on the immeasurable contributions of African-Americans," said Hospital Corpsman 1st Class Florencio Alconaba, NEPMU-2.

Horne provided an inspirational and personal tour of the museum, highlighting the struggles and triumphs of the African-Americans who helped to shape the nation. The quest for basic rights and liberties is captured in a variety of mediums including tapestries, paintings and sculptures. Other pieces provide insight into early African-American life through depictions of values and religion.

"You are left with more than a feeling of seeing an art exhibit; somehow you have been able to see into the looking glass of the past," said Hospital Corpsman 2nd Class Surrie Rodriguez, NEPMU-2.

At the heart of the museum is the original pen used by President Abraham Lincoln to sign the Emancipation Proclamation. This symbol of



NEPMU-2 personnel tour Hampton University Museum with Ms. Crystal Johnson Horne, associate curator and director of community programs at Hampton University. (Photo by Hospital Corpsman 1st Class Russell Ongkeko)

inclusivity and equality resonated with many of the NEPMU-2 visitors.

"I didn't realize the wealth of historic treasure we have in our city before this trip," said Hospital Corpsman 1st Class Russell Ongkeko, NEPMU-2. "It was very informative and eye-opening."

The DON released its Diversity and Inclusion Roadmap on January 23, 2017 outlining an initiative to foster a culture of inclusion and harness diversity as a force multiplier. The first strategic imperative is a promise to recruit a high-performing, innovative workforce which reflects all segments of society.

At NEPMU-2, this ethos is made evident by the efforts of a diverse group who work together to provide force health protection, anytime and anywhere, as well as civic-minded recognition of local historical landmarks and national treasures.

Read the full story here: http://www.navy.mil/submit/display.asp?story_id=99192



Preventive Medicine Unit Wins Coveted 2016 Campaign Drug Free Flagship Award

By Lt. Jen Knapp, Navy Environmental and Preventive Medicine Unit Five Public Affairs

Navy Environmental and Preventive Medicine Unit Five (NEPMU-5) was selected for the Campaign Drug Free Award (CDFA) by the Navy Community Service Program on February 17, 2017.

The award recognizes Sailor and Marine volunteers who promote drug demand reduction programs to schools, organizations and communities to address youth on the dangers of drug abuse and the importance of being drug free.

"I am so proud that we won this award because our team put our heart and soul into all of our events, and it was incredibly rewarding to see that hard work recognized on a Navy-wide level," said Hospital Corpsman 1st Class Byron Hewitt, NEPMU-5 Threat Assessment Department, leading petty officer.

NEPMU-5 has a strong relationship with local community members and is especially active with a local elementary school, Olympic View Elementary. One of the command's largest functions it participates in to help promote a drug free community is annual Red Ribbon Week.

"The best part for me is empowering children to not only make positive decisions in their own lives, but to also have an impact on their friends and families, as well," said Hewitt. "These kids go home and share what they have learned, so the impact of what we do goes far beyond the children present at these events."

According to Hewitt, NEPMU-5 is always looking for more ways to increase their impact.

"We are looking into innovating our programs and pushing ourselves further to see how many more community members we can reach out to," said Hewitt. "Our goal is to reach children in our community before they make poor choices and prevent them from ever having to deal with the ramifications of drug use."

The NEPMU-5 enlisted staff played a major role in the work, which resulted in the command being selected for the CDFA.

"First and foremost, it's an honor to be part of NEPMU-5 and to be named as one of the winners of the Campaign Drug Free Flagship Award – well that's just the icing on the cake, really," said Senior Chief Hospital Corpsman

Leonardo Carbonel, NEPMU-5 senior enlisted leader. "The Sailors and civilians of NEPMU-5 have been the most professional individuals I have ever had the chance to serve with in my 19 years of naval career. The environment and leadership we have in this command challenges you to do your best and I believe our Sailors see that as an opportunity; and by doing so we are able to focus on what's important and that is to take care of one another and get the mission done."

The mission to help make the community drug free is personal for Cmdr. Shelton Lyons, NEPMU-5 OIC.

"I grew up in rough neighborhood, but I was lucky

(cont. on page 13)

“Our goal is to reach children in our community...and prevent them from ever having to deal with the ramifications of drug use.”

(cont. from page 12)

enough to have role models who helped keep me on track, so I personally know the power of positive influence,” said Lyons. “It is critical that we participate in early positive activities with the young people in our community in order to help deter them from drug use, which is why NEMPU-5 has made a sustained commitment to provide preventive medicine outreach to our local community partners.”

Read more here: http://www.navy.mil/submit/display.asp?story_id=99059



Providing Support Across the Fleet

NEPMU-7 personnel have been busy providing public health expertise and support across the fleet. Their recent work conducting ship sanitation control exemption certification (SSCEC) inspections aboard U.S. Navy vessels shows how much Navy public health personnel strive to ensure the health and mission readiness of our service members, every day. Take a look at their impact:



HM2 Jay A. Cherluck from NEPMU-7 reviews freezer temperature logs aboard the USNS Supply (T-AOE-6) during a routine SSCEC inspection on February 3, 2017. (Photo by Krysta Murry, Naval Station Rota Public Affairs)



HM2 Jay A. Cherluck from NEPMU-7 reviews heat stress logs aboard the USNS Supply (T-AOE-6) during a routine SSCEC inspection on February 3, 2017. (Photo by Krysta Murry, Naval Station Rota Public Affairs)

In Case You Missed It...

NEPMU-2 Increases Honduran Capacity Through KETs

By Susanna Marquardt, CP-17 Public Affairs

Sailors from NEPMU-2 used knowledge exchange and training events (KETs) to help build partner nation capacity during CP-17's visit to Trujillo, Honduras. From February 21, 2017 to March 2, 2017, the five-member environmental health team out of Norfolk, Va., held 11 KETs with 108 Honduran participants.

Read the full story here: <https://www.dvidshub.net/news/226574/nepmu-2-increases-honduran-capacity-through-kets>

Preventive Medicine Unit Hosts Outbreak Investigation Workshop during CP-17

By NEPMU-2 Public Affairs

NEPMU-2 hosted an outbreak investigation workshop on February 8, 2017 as part of CP-17's training for partner nation community health workers who may participate in investigations of infectious disease outbreaks. The workshop was one of several public health knowledge exchanges hosted by NEPMU-2 Sailors currently deployed in support of CP-17.

Read the full story here: http://www.navy.mil/submit/display.asp?story_id=98929

NEPMU-2 Exchanges Knowledge with Ministry of Public Health in Guatemala

By Mass Communication Specialist 2nd Class Brittney Canady, Expeditionary Combat Camera

Sailors assigned to NEPMU-2 conducted a mosquito surveillance and familiarization KET with the Guatemalan Ministry of Public Health from February 6, 2017 to February 7, 2017, in support of CP-17.

Read the full story here: http://www.navy.mil/submit/display.asp?story_id=98927

Church Hill native, Lyons, provides Force Health Protection for U.S. Navy Sailors

By Kayla Good, Reporter, The Rogersville Review

A 1988 Volunteer High School graduate and Church Hill native is serving in the U.S. Navy at NEPMU-5. Cmdr. Shelton Lyons II serves as the OIC at the San Diego-based preventive medicine unit. According to Navy officials, NEPMU-5's priority is to provide preventive medicine, environmental and occupational health services. "I like engaging with other cultures and being able to protect our forces against emerging health threats," said Lyons. "We partner with other nations to learn from them as well as helping improve their own healthcare."

Read the full story here: http://www.therogersvillereview.com/community/article_89dcb977-4037-52f5-a25d-8e60b333c671.html

Navy Medicine Launches New Mobile App for Sailors, Marines and Families

By BUMED Public Affairs

Navy Medicine announced the launch of a new enterprise-wide mobile app for Sailors, Marines and their families on February 6, 2017. The app provides users with access to military treatment facility locations, leadership information, DoD hotlines, Relay Health and links to Navy Medicine social media and other health resources. "Every day we leverage mobile technology for a greater portion of the things we need and want to do; our Sailors, Marines and their families deserve this same level of convenience from Navy Medicine," said Mark Beckner, chief digital officer, BUMED.

Read the full story here: <https://www.dvidshub.net/image/3146454/navy-medicine-launches-new-mobile-app-sailors-marines-and-families>

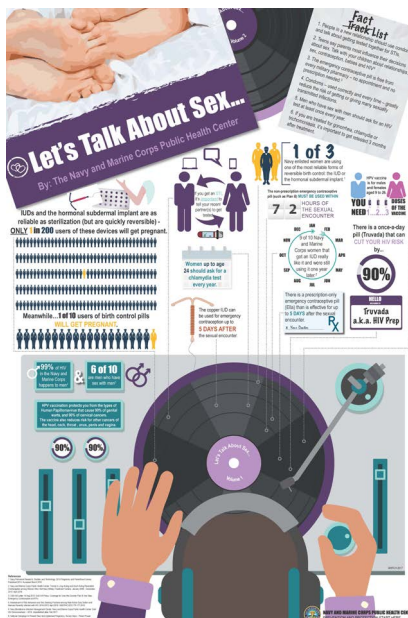
April is Sexual Health Month!

Sexual health is a state of well-being that involves physical, emotional, mental, social and spiritual dimensions.

It is based on a positive, equitable, and respectful approach to sexuality, relationships and reproduction that is free of coercion, fear, discrimination, stigma, shame and violence.

During the month of April we will be sharing a variety of useful sexual health resources on our [Facebook](#), [Twitter](#) and [Pinterest](#) pages.

You can also find sexual health resources (including our new "Let's Talk About Sex" poster) within our HPW toolbox: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-april.aspx>



Get On Board With #AlcoholAwarenessMonth

Making responsible decisions when you drink alcohol helps you stay mission ready.

Throughout the month of April, check out our social media channels for tips and resources from [Navy Alcohol and Drug Abuse Prevention \(NADAP\)](#) and our experts from NMCPHC to help heighten your awareness of excessive alcohol use and prevention.

You can find more resources about excessive alcohol use and prevention on our website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/preventing-drug-alcohol-abuse/Pages/preventing-drug-alcohol-abuse.aspx>



(Photo courtesy of NADAP)

Connect with
NMCPHC!



Facebook



Twitter



Pinterest



YouTube



LinkedIn

Read past editions of
our newsletter.

[Click here >>](#)

WWW.NMCPHC.MED.NAVY.MIL